

West Norfolk Academies Trust

Menu 2022/2023

Sundries

Drinks (Available Break and Lunch)

Aqua Splash	500ml	<i>Citrus/Fruits of the Forest/Orange/Passion Fruit</i>	£0.70
Juice Cartons	200ml	<i>Apple/Orange</i>	£0.70
Milkshake Carton	200ml	<i>Chocolate/Banana/Strawberry</i>	£0.70
Bottled Juice	500ml	<i>Orange/Cranberry/Apple/Passion Fruit</i>	£1.25
Bottled Water	500ml	<i>Still</i>	£0.70

Cold Snacks (Available Break and Lunch)

Fruit		<i>Whole piece of fruit</i>	£0.45
Fruit slices		<i>Bag of freshly sliced fruit</i>	£0.65
Brownie		<i>Single</i>	£1.00
Muffin		<i>Chocolate or Blueberry</i>	£1.00
Wraps		<i>Selection of freshly prepared wraps</i>	£1.20
Sandwiches*		<i>Selection of freshly prepared sandwiches</i>	£1.20
Baguettes*		<i>Selection of freshly prepared baguettes</i>	£1.50

Dry Goods (Available Break and Lunch)

Biscuit		<i>Small packet of various biscuits (2 per pack)</i>	£0.50
Flap Jack		<i>Pre packed (Oat so simple)</i>	£1.00
Cookie		<i>One large pre packed (Oat so simple)</i>	£1.00

***Gluten free options available alongside a selection of Gluten free cakes**

Main Menu 2022/2023

Break Menu

Waffles		£0.70
Chicken Burger		£1.30
Vegan Burger		£1.30
Pizza Slice	<i>Peperoni/Cheese and Tomato</i>	£1.25
Panini	<i>Cheese/Cheese and Tom/Cheese and ham/Peperoni</i>	£1.30
Toasties	<i>Cheese/Cheese and ham/Cheese and Tomato</i>	£1.25
Sausage Roll		£1.10
Pain au chocolat		£1.00
Cinnamon swirl		£1.00

Lunch Menu

Main Meal	<i>See Main meal options</i>	£2.40
Plain Pasta Pot		£0.60
Pasta Pot with sauce	<i>Tomato and basil/Sauce of the day</i>	£1.40
Salad	<i>Tuna/Cheese/Ham</i>	£1.40

Meal Deal Options £2.60

Main meal + £0.70 drink.	£2.60
Main meal + Piece of fruit or packet of biscuits.	£2.60
Wrap or sandwich + Piece of fruit or packet of biscuits + £0.70 drink.	£2.60
Pasta Pot with sauce + £1.00 cold snack or dry goods + £0.70 drink.	£2.60

Main Meals 2022/2023

Monday and Tuesday

To ensure that all pupils receive a healthy balanced meal and that our menus remain interesting for our students, pupils will be served one of the following options on a rotational basis.

Hunter's Chicken - Chicken Fillet (half), bacon and BBQ sauce - served with Seasoned Wedges.

*Vegan alternative available

Macaroni and Cheese - Served with Garlic Bread and salad.

Chilli con carne (butcher's mince) - Served with Nachos and grated cheese.

*Vegetarian option available

Cottage Pie- Served with peas, sweetcorn and gravy.

Lasagne - Served with garlic bread and salad.

*Vegan alternative available

Sweet chilli chicken - Served with rice.

Southern fried chicken burger - served in a brioche bun with lettuce and mayo and oven baked curly fries.

*Vegan alternative available

Tagliatelle Carbonara - served with garlic bread.

7" Yorkshire Pudding with Sausages - served with mashed potatoes, carrots, peas and gravy.

Wednesday – Curry day

Chicken Korma/Chicken Tikka/Vegetable Curry – Served with rice, Naan bread and mango chutney

**Vegetable curry also suitable for Vegans.*

Thursday – Roast day

Roast beef, chicken or pork – Served with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy.

**Quorn fillet option available for vegetarian/vegan (vegan option – served without Yorkshire pudding)*

Friday – Chip day

Battered Fish and chips – Served with a choice of peas, beans or sweetcorn.

Halal Chicken nuggets and chips available as an alternative to fish.

**Vegan burger and chips option available.*